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(54) **GARMENT SYSTEM INCLUDING AT LEAST ONE SENSOR AND AT LEAST ONE ACTUATOR RESPONSIVE TO THE SENSOR AND RELATED METHODS**

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(57) **ABSTRACT**

Embodiments disclosed herein relate to a garment system including at least one sensor, and at least one actuator that operates responsive to sensing feedback from the at least one sensor to selectively constrict or selectively dilate at least one flexible compression garment. Such selective constriction or dilation of the at least one flexible compression garment against at least one body part can improve muscle functioning or joint functioning during an activity, such as a sport or other activity.

